

Assistive Technology Ideas for Aids to Daily Living

STRATEGIES & MODIFICATIONS

- Reduce clutter
- Daily schedule
- Weekly schedule
- Color coding for location and identification
- Clear, simple directions
- Break information down into small steps
- Model the activity
- Provide examples
- Teach skill to over-learning and generalization
- Establish routines and timelines
- Provide lists
- Use pictures for cues, recipes, for lists
- Provide guided practice in real situations
- Personal care assistance

LIGHT-TECH

- Non slip materials – Dycem, self liner
- Universal cuff to hold items in hand
- Universal strap to hold items in hand
- Adapted drinking cup – i.e. Nosey Cup, cup with handles, weighted cup, cup with lid
- Adapted eating utensils with foam handles
- Scoop places, guards for plates
- Rocker knife
- Adapted cooking utensils
- One handed can opener
- Button hook or loop
- Adapted toothbrush
- Raised toilet seat
- Shower rails
- Shower chair
- Electric toothbrush
- Long handle shoe horn
- Adapted pots and pans with build up handles
- Reachers
- Lowered counter/work space
- Sock aid
- Bibs
- Dressing sticks
- Velcro fasteners on clothing
- Toilet aids
- Velcro shoe fasteners

HIGHER-TECH

- Light switch extension
- Interface & switch to activate battery operated devices
- Interface & switch to turn on electrical appliances (radio, fan, blender)
- Radio/ultrasound to remote control appliances
- Electronic aid to daily living to control environment in connection with an augmentative communication device
- Automatic self-feeder
- Books on tape

COMPUTER/SOFTWARE

- Organization, reminder software
- Software that teaches daily living skills
- Money skills for learning and for budgeting
- Internet access
- Writing with symbols
- Templates for writing
- Text reading programs